

# Sharing THE Journey

LIVING  
RESOURCES

FALL 2013

## LIVING RESOURCES HOME HEALTH CARE: BREAKING DOWN BARRIERS TO INDEPENDENCE

- When she was discharged from the hospital after being diagnosed with diabetes, Mrs. J learned to better manage her medical needs with help from a Certified Diabetes Educator RN.
- Mrs. R had a wound that was not healing. After evaluation by a specialized nurse, she began a new treatment and within several weeks, she had remarkable progress with her wound healing.
- After a long hospitalization, Mr. B had residual weakness and loss of muscle tone which kept him bedridden. He was discharged with home care and received a rigorous therapy and exercise program; six months later, he's able to get around using a walker and drive himself to appointments.

What is the common thread for these cases?

Each of these people was served by **Living Resources Certified Home Health Agency (CHHA)**, allowing them to receive better outcomes and greater independence.

Living Resources Corporation was founded almost forty years ago, and since then, the name has become synonymous with high-quality, innovative services for individuals with intellectual disabilities and traumatic brain injuries.

On January 1st, 2013, another component was added to the family of services as Living Resources CHHA began serving the general

population. The CHHA, established in 2000, had previously been one of only a handful in the state designated as a "specialty CHHA", working exclusively with people with developmental disabilities and brain injuries.

*Continued Page 3*

Nurses can help a patient stay independent by assisting with daily care needs, such as changing bandages.



## COME GROW WITH US!

Are you a health care professional looking for a new job with great pay and excellent benefits?

**LIVING RESOURCES CHHA AND LHCSA ARE HIRING!**

To find out more, please contact:

Sarah Dill (LHCSA) at 518-218-0000, Ext. 4357

Lisa Razanousky (CHHA) at 518-218-0000, Ext. 4389

## CHHA and LHCSA: WHAT'S THE DIFFERENCE?

**Living Resources Certified Home Health Agency (CHHA)** provides home-based, part-time, intermittent health and support services to individuals who are in need of skilled care. CHHA services are usually initiated after a hospitalization, ER visit, inpatient rehab stay, or after a physician's office visit and can include: nursing, physical, occupational and speech therapy, home health aides, medical supplies & equipment, medical social workers and registered dietitians. The CHHA can also provide the specialized services of a wound, ostomy & continence nurse and a Certified Diabetes Educator.

**Living Resources Home Care is a Licensed Home Care Service Agency (LHCSA)** which provides an array of services which can be temporary or long-term, provided to persons of any age or health status, and the patient or care recipient isn't required to be homebound. A goal of our LHCSA is to help the care recipient remain as independent and safe as possible in their home through services including companionship, hygiene, light housekeeping, meal preparation, medication reminders, relief staffing and errands provided by home health aides, personal care aides, and nurses.

*If you or a loved one are in need of home care, please contact (518) 867-8803 to find out which services are right for you.*

# A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

## GROWTH AND CHANGE: BREAKING DOWN BARRIERS OLD AND NEW

It's autumn, and change is in the air: the weather is getting cooler, the days are becoming shorter, and the kids are back to school. At Living Resources, we're experiencing some big changes, too.

Throughout our history, we've certainly been no stranger to change; we began with a single residence and steadily grew into a leading provider of a wide range of programs and services for persons with intellectual disabilities, traumatic brain injuries, and, in 2000 we added **home health care** for persons with disabilities to our services offered.

On the front cover, you'll read about the expansion of **Living Resources Certified Home Health Agency (CHHA)** to a full-service agency available to anyone in need. It's a major step, allowing us to extend our services and expertise to another segment of the population.

As the CHHA charts new frontiers, Living Resources other home care agency, the **Licensed Home Care Service Agency (LHCSA)**, has also experienced an increased demand for the services and skills that they provide. The presence of these two agencies is great news for the aging population who want to stay out of nursing homes and continue to live in their own homes as independently as possible.

With increased demand for services comes the need for more staff. We're excited and proud to be a part of the economic turnaround as we hire health care professionals. To learn more about the positions available and how you can apply for employment, please see the information at the top of the front page.

In other news, we're celebrating another major development - several years in the making - as we open our first **Smart House** in Guilderland, NY. This single-



Fredrick W. Erlich  
*Chief Executive Officer*



Barrier-free: The newly-renovated CEP residence eliminates obstacles to independence for students with mobility impairments.

story, energy-efficient home features wide doorways, low countertops, roll-in showers and other features designed to accommodate the needs of six adults with mobility impairments. Designed and built by BBL Construction, residents and their families can be secure in the knowledge that they will be able to stay in this home for a lifetime, even as they face physical and medical challenges posed by aging.

Over at the **College Experience Program (CEP)** at the College of Saint Rose in Albany, we're thrilled to announce the addition of a new residence for program participants. We purchased the home, located on Madison Avenue near the campus, then completely remodeled to make it barrier-free. Because of the addition of this accessible housing, two students with mobility impairments are able to begin their freshman year in the program. Additionally, for the first time, the CEP is accepting tuition-paying students. The first two, both from New Jersey, have started the program this fall.

Each of these changes affects a different group of people served by Living Resources, but there is a common theme to all of these developments: The expansion of home care through our CHHA and LHCSA, the creation of our first Smart House and the opening of accessible housing for College Experience students all involve Living Resources core principle of providing services that eliminate barriers to independence.

We consider all of the things that we do, the programs and services we provide, the people who we serve, to be part of a greater whole - a continuum that makes up the Living Resources family of services. We are proud of each and every one of these exciting developments, and we look forward to seeing the growth and opportunities that result from the independence that they provide.

*Fredrick W. Erlich*





“In the Capital Region a few organizations do the ‘heavy lifting’ to address the medical, psychosocial and personal needs of the disabled, injured, and vulnerable. Living Resources has made a “commitment of action” to bring the broad array of services and personnel required to allow the people in their care to have lives with meaning, love and dignity. We are fortunate to have this organization in our midst, they deserve our support.”

— William Cromie, M.D.

## LIVING RESOURCES HOME HEALTH CARE: BREAKING DOWN BARRIERS TO INDEPENDENCE *Continued from cover*

Early in 2012, when the New York State Department of Health lifted their 20-year moratorium on the expansion of CHHA's, Living Resources applied for and was granted permission to widen its scope of services to provide home care to anyone in need. Additionally, they were approved to increase their service area from nine to ten counties.

The move to expand the scope and range of the CHHA's services was motivated by the increasing public focus on issues of aging and health care in recent years. The majority of older citizens wish to avoid nursing homes, remaining independent in their own residences for as long as possible. As the Baby Boomer generation hits retirement age, the need for home care solutions will only increase – and to add to the challenge, today's seniors are living longer than previous generations.

The CHHA draws on decades of expertise in serving persons with intellectual disabilities and traumatic brain injuries in order to provide professional medical and therapeutic services to the aged, and to people with serious illnesses, physical disabilities and injuries. Regardless of the populations served, the commitment is the same: to provide excellent care and solutions which maximize patient choice, independence and meet health care needs.

In addition to the CHHA, Living Resources also offers another home care service provider, the **Licensed Home Care Service Agency, (LHCSA)**. The range of services provided by the two agencies provides the most complete spectrum of care.

The LHCSA provides companion services, personal care aides, home health aides and nursing services which can help to increase and maintain patients' quality of life and

delay the need for costly nursing home care. All LHCSA staff members receive additional training in working with individuals with cognitive impairments, such as Alzheimer's, brain injury and stroke - common causes for nursing home placements.



Seniors like Marie rely on nurses and aides to help them stay safely and independently in their own homes.

“LHCSA staff can help patients and their families identify the amount and level of services needed,” said Susan Dunnigan, Associate Executive Director of Living Resources Certified Home Health Agency and Licensed Home Care Agency. “Our skilled nurses are available by phone to assist you and can also make a home assessment visit to help you explore your options and develop a plan of care. We are here for you and we will help you meet your home care needs with compassion and enthusiasm.”

If you or a loved one are in need of home care, please contact **518-867-8803** to find out which services are right for you.

June 12, 2013

To Living Resources,

I am writing this letter in reference to Shannon Sperry, who is my husband Ronald Furman's Personal aide. I just want to say she is the most knowledgeable caring person that anyone could want. She never misses a visit and when she is here, she is wonderful with my husband. She has this very caring way with older people. I want her recognized for the wonderful person that she is and Living Resources is so lucky to be blessed with this lady.

Sincerely,  
Joan Furman



# LIVING RESOURCES – *Friends and Family*



Ali proudly shows his work, "Robot", while Mike, an artist from the Acquired Brain Injury program stands beside his mosaic "Electric Illusions" at the reception for Art Out of What?, an exhibit of artwork made from recycled items such as bottle caps, old newspapers and beads.



Members of the Schenectady, East Greenbush and Albany Day Community Opportunities Programs (DCOP) came together to bake all-natural dog treats, sold under the name S.E.A.Biscuits. ("S.E.A." stands for the first initial of each program location.) The bakers sell their goods at Living Resources' offices and at the Schenectady Greenmarket, with proceeds split between the DCOP and the Humane Society.



The College Experience Class of 2013 posed for a photo in their caps and gowns before heading to the College of Saint Rose graduation ceremony in May.



L-R: Bill Toomey, John Craig, Mike Quaranta and CEO Fred Erlich enjoy the 4th Annual Living Resources Golf Tournament, presented by Marshall & Sterling Insurance. The tournament was held Friday, June 14th at the Orchard Creek Golf Club in Altamont, NY. Sports writer and radio host John Craig also served as the event's emcee.

# LIVING RESOURCES – *Friends and Family*

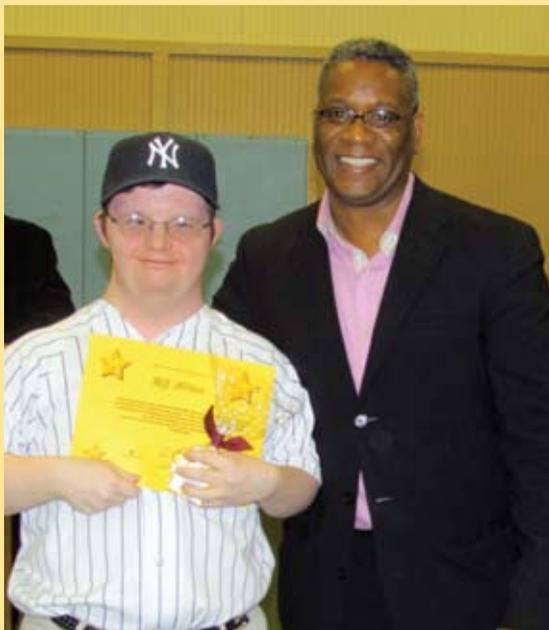


Rainy weather didn't put a stop to the fun – or the cookout - at the After School Program's year end picnic, held at Cook Park in Colonie.

A nurse demonstrates the use of the CaraSolva system, an electronic medical records program utilized by the home care agencies of Living Resources to increase efficiency and eliminate errors.



Living Resources board members and staff, representatives from BBL Construction, the Albany and Guilderland Chambers of Commerce and local legislators "dig in" at the groundbreaking ceremony for Living Resources first Smart House, in Guilderland, NY on May 1st.



The spring 2013 Day Community Opportunities Program Awards were held at the Village of Colonie Recreation Center, where DJ proudly shows off his award as he stands beside Saratoga DCOP Program Coordinator John Charles Cook.



Village of Colonie Mayor Frank A. Leak, a longtime friend of Living Resources, is presented with a plaque at the spring 2013 DCOP Awards, in thanks for his ongoing support of the agency's programs and the people we serve.



# LIVING RESOURCES — Friends and Family



In the fall of 2012, Living Resources made a return visit to China, providing training on Autism Spectrum disorders. CEO Fred Erlich stands beside Ms. Wen Wang, President of the Shandong Special Education School.



Mr. Dong Sihui, Chairman of the Board of Directors at the Shandong Special Education School played host to visitors from Living Resources. L-R: CEO Fred Erlich, Allison Fuller, Program Development Specialist for Autism Services, and Jeff Hallenbeck, MS LMHC, Director of Clinical Services.



## Fire Safety at Living Resources

Peter Lattanzio, retired Town of Colonie Chief of the Division of Fire Services, conducts mandatory fire safety training for all staff. He was hired in December 2011 as part of a rigorous new fire safety program at Living Resources.

Students in fire safety training try out the MegaMover, a device designed to allow one person to safely and easily move someone out of harm's way in the event of a fire or other emergency.



# HONORARY AND MEMORIAL GIFTS TO LIVING RESOURCES

January 26, 2013 through August 31, 2013

The following donors have chosen to pay tribute to a loved one through a gift to Living Resources. Thank you, family members and friends, for your vote of confidence in our services and for honoring our work with your generous contributions. Only with your help can we continue to meet the challenges facing individuals with intellectual disabilities and brain injuries.

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Living Resources has always been able to rely on the generosity of individuals, corporations and private foundations to help us succeed in carrying out our mission. Thank you to Hannaford, BBL, CDPHP and SEFCU for your leadership gifts.

Living Resources first Smart House nears completion.

## GE Matching Gifts

GE Employees, retirees, surviving spouses and Directors can have their gifts matched dollar-for-dollar.

Visit [www.gefoundation.com](http://www.gefoundation.com) or call 800-305-0669 for more information.

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Living Resources participates in the State Employees Federated Appeal.

Our code number **5000202** covers all counties in the Capital Region.



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